



BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualification in Sport
Unit number and title	Unit 24: Applied Sports Anatomy and Physiology
Learning aims	Learning Aim B: Examine the function of the cardiovascular system and how it responds to exercise Learning Aim C: Examine the function of the respiratory system and how it responds to exercise
Assignment title	The Cardiorespiratory system
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You are an assistant sports coach in a multi-sport club. The cardiovascular fitness of the football first team is not good enough to win big matches. The coaches are all volunteers like you and many of them do not have a sports science background. They want to win more matches but don't understand how to increase the cardiovascular fitness of their players. The Head Coach knows you are studying sport and would like you to put together a report that informs the coaches about how the cardiovascular and respiratory systems work together. The end of the report should summarise the advantages of long-term participation in cardiovascular activities to show the coaches why aerobic training can improve the fitness of their players.
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Task 1	Create a report for the coaches that evaluates the structure and function of the cardiovascular and respiratory systems. The report should include information that summarises how these two systems work together and how they adapt to respond to exercise. The report should include; • Hand-labelled diagrams to show where the main structures of the cardiovascular and respiratory systems are located • The different types of blood vessels and their role in transporting blood around the body • An analysis of the functions of the cardiovascular and respiratory systems. Including examples of how the structures work and how each part of the systems are designed to meet their function.
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		- An analysis of how the cardiorespiratory systems respond to acute exercise. This should contain examples of what will happen to the cardiorespiratory system in the first 20 minutes of the coach's sport. Discuss the advantages of the changes the cardiorespiratory system will make to prepare the athlete for exercise. - An evaluation of how the cardiorespiratory systems responds to long-term exercise in an activity such as a six-week training programme. Begin by explaining the changes and then discuss the advantages they have for the athletes. Assess the adaptations the body will make to perform at a greater intensity level and give examples from the chosen sport to judge the appropriateness of the changes for the sport. Throughout the report you should use examples to ensure the coaches understand how the information is applied to their sport and their athletes.
Criteria covered by this task:		
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:	
B.P4	Explain the structure and function of the cardiovascular system	
B.P5	Explain the acute and long-term effects of exercise on the cardiovascular system	
B.M2	Analyse the function of the cardiovascular system and the acute and long-term effect of exercise	
C.P6	Explain the structure and function of the respiratory system	
C.P7	Explain the acute and long term effects of exercise on the respiratory systems	
C.M3	Analyse the function of the respiratory system and the acute and long-term effect of exercise.	
BC.D2	Evaluate how the cardiovascular and respiratory system work together and the adaptations they make following acute and long-term exercise.	
Checklist of evidence required	Report	
Other assessment materials attached to this brief		